

# Viewpoint

## Middle School

### 8th Grade Course Catalog 2021-2022

Viewpoint Middle School  
*Home of the Raptors*

# Viewpoint Middle School

## 2021-22 Course Descriptions

### 8th Grade

The following is a breakdown of your schedule this year. English, Math, Science, US History, Professional and Career Pathways, 8th Grade Health and PE are all required classes.

You will need to complete your schedule with four (4) elective credits.

8th Grade Schedule		
	1st Semester	2nd Semester
Required Classes	<b>English Language Arts</b> <input type="checkbox"/> English 8 <i>OR</i> <input type="checkbox"/> English 8 GT	
	<b>Math</b> <input type="checkbox"/> Intermediate Math 2 <i>OR</i> <input type="checkbox"/> Intermediate Math 2 GT	
	<b>Science</b> <input type="checkbox"/> Science 8 <i>OR</i> <input type="checkbox"/> Science 8 GT	
	<b>Social Studies</b> <input type="checkbox"/> US History <i>OR</i> <input type="checkbox"/> US History GT	
	<b>Professional &amp; Career Pathways</b>	
	<b>Health</b> <input type="checkbox"/> 8th Grade Health	<b>PE</b> <input type="checkbox"/> PE - Male <input type="checkbox"/> PE - Female
Electives	Elective #1	Elective #2
	Elective #3	Elective #4

### How to Register for 8th Grade Classes

- [1. Video & Information on requesting classes](#)
- [2. Step by step instructions for requesting classes](#)
- [3. Skyward Log-in](#)

Please note that Fee Schedules are subject to change upon ASD Board approval

# Required Classes

Choose One 1 Class from each of the required departments: *English, Math, Science, Social Studies.*  
*Professional & Career Pathways is a year long class and is required for all 8th Graders.*  
*PE & Health are both semester classes.*

---

## ENGLISH

---

### 8th Grade English

Full Year                      Class Fees: None

Grades: 8th

Prerequisite: None

In this course you will continue developing language arts skills by focusing on essential standards. You will develop language skills including reading comprehension, writing, grammar and oral communication.

---

## MATH

---

### Intermediate Math 2

Full Year                      Class Fees: None

Grades: 8th

Prerequisites: None

This year in math, you will learn scientific notation, exponents, functions, linearity, Pythagorean Theorem, rational numbers, irrational numbers, surface area and volume of 3-D figures, systems of linear equations, interpreting data, similarity, congruence and angle relationships.

---

## PE & HEALTH

---

### 8th Grade PE

Semester                      Class Fees: \$5

Grades: 8th

Prerequisites: None

This class offers a wide range of developmentally appropriate activities that are increasingly complex in content, concept, and skill development and execution. You will practice skills in modified form but begin to participate in regulation games with more complex playing environments than those experienced in 7th Grade PE. You will receive more in-depth instruction and application of the elements of physical fitness. You will begin to see the relationship between proper nutritional choices and physical activity for the maintenance of a lifelong healthy lifestyle. PE uniforms are required, and will be available for purchase.

### Health

Semester                      Class Fees: None

Grades: 8th

Prerequisites: None

Health education provides opportunities for you to develop knowledge, skills, and attitudes necessary for practicing lifelong, health-enhancing behaviors. You will learn personal responsibility for your well-being and how to build a solid foundation of

health. You will learn how decision-making skills can contribute to a variety of healthy choices for yourself and others that will be of value throughout your life.

---

## PROFESSIONAL & CAREER PATHWAYS

---

### Professional & Career Pathways

Semester                      Class Fees: None

Grades: 8th

Prerequisites: None

What do you want to be when you grow up? It is amazing how many opportunities there are for your future career, many of which you haven't even considered yet. In this class, you will explore exciting high-demand jobs in 16 different career pathways through hands-on and real life experiences. This class will help you identify interests, traits, and skills while showing you connections to effective high school, career, and college planning.

---

## SCIENCE

---

### 8th Grade Science

Full Year                      Class Fees: \$10

Grades: 8th                      Prerequisites: None

This class focuses on helping students understand how to use science and engineering processes for discovery and problem solving. The focus will be given to the constant interaction of matter and energy in nature and how people effect and are affected by those interactions.

---

## SOCIAL STUDIES

---

### US History

Full Year                      Class Fees: None

Grades: 8th

Prerequisites: None

This United States History course is designed to emphasize historic events from the age of exploration to reconstruction and the western movements. Topics covered will include, but are not limited to, the age of exploration, colonization, American Indian Life, Revolutionary War, constitutional issues, Civil War, reconstruction, and the western movement. You will be expected to make connections between historically significant events and current issues preparing you for civic engagement.

# Elective Classes

Please select four (4) elective classes.  
Year long classes count as two (2) electives.

---

## ART

---

**NOTE: Art Foundations is a prerequisite for all other Art Classes.**

### Art Foundations

Semester                      Class Code: A0010  
Grades: 7th - 9th              Class Fees: \$20  
Prerequisite: None

Art Foundations is a prerequisite for all other art classes. You will learn foundational skills such as line, shape, value, color, composition, and how they are used in art. You will create a variation of projects with a variety of mediums such as pencil, colored pencils, wire, and watercolor. You will gain insights on exploring diverse mediums and artists that will inspire your work.

### 2D Art

Semester                      Class Code: A2000  
Grades: 7th - 9th              Class Fees: \$20  
Prerequisite: Art Foundations

In this Learner-Centered art class, you will create drawings and paintings using a variety of 2-D mediums like ink, pastel, acrylic paint, and watercolor paint. You'll apply insights to your work that you gain from art history, perspective and contemporary art practices. You will build your artistic skills and make excellent art in this hands-on course.

### 3D Art & Crafts

Semester                      Class Code: A2110  
Grades: 8th & 9th              Class Fees: \$20  
Prerequisite: Art Foundations

In this Learner-Centered art class you will create a variety of sculpture projects using a wide array of mediums including paper, cardboard, tape, sculpey polymer clays, paper mâché, and wire. You'll apply insights to your work that you gain from art history, perspective and contemporary art practices. You will build artistic skills and make excellent art in this hands-on course.

---

## BAND

---

### Beginning Brass

Full Year                      Class Code: A3311  
Grades: 7th & 8th              Class Fees: \$3  
Prerequisites: None

No previous musical experience required. This course teaches the basics of playing a brass instrument (trombone, french horn, trumpet, baritone, tuba) as well as fundamentals of music. Students will perform 2-3 concerts throughout the year. Students are expected to have a working instrument and a method book. Larger instruments are available to be rented through the school.

## Beginning Woodwinds

Full Year                      Class Code: A3611

Grades: 7th - 8th              Class Fees: \$3

Prerequisites: None

No previous musical experience required. This course teaches the basics of playing a woodwind instrument (flute, clarinet, oboe, saxophone, or bassoon) as well as fundamentals of music. All those wishing to learn saxophone are expected to start on the clarinet for the first semester. We will perform 2-3 concerts throughout the year. Students are expected to have a working instrument and a method book.

## Concert Band

Full Year                      Class Code: A3061

Grades: 7th & 8th              Class Fees: \$3

Prerequisites: Previous band experience & teacher approval

This course requires previous Band experience and further develops and refines core concepts and fundamentals introduced in Beginning Brass and Beginning Woodwind classes. We will have several performances per year as well as possible regional and state festivals. Some instruments may be available to rent from the school. Students are expected to have a working instrument, a method book, and a metronome/tuner.

## Symphonic Band

Full Year                      Class Code: A3261

Grades: 8th & 9th              Class Fees: \$3

***Audition Required: Audition information and dates will be announced soon.***

This band further develops and refines the performance skills and abilities developed in

previous band classes. We will also participate in regional and state level festivals. Some of the instruments may be available to rent from the school. You will be required to have a working instrument and a metronome/tuner.

## Jazz Band

Full Year                      Class Code: A31111

Grades: 8th & 9th              Class Fees: \$3

Prerequisites: Previous Band experience & Teacher approval

In this class you will develop fundamental skills of Jazz style, improvisation, and jazz literature. Jazz Band Instruments include: Percussion, Piano, Guitar, Bass, Trumpet, Trombone, and Saxophone. Curriculum includes 6-8 performances per year as well as possible regional and state level festivals. You are required to have a working instrument and a metronome/tuner.

## Percussion

Full Year                      Class Code: A351A1

Grades: 7th & 8th              Class Fees: \$3

***Audition Required: Audition information and dates will be announced soon.***

Do you love music and rhythm? Do you find yourself tapping your toes to every song you listen to? Then this might be the class for you. You need to have previous instruction on piano or another musical instrument and be able to read music. You will be required to purchase or rent a small portable Marimba or Bell Kit (mallet instrument, instrument stand, drum pad, sticks and mallets). You will perform in 3-4 concerts per year.

## Wind Symphony

Full Year                      Class Code: A3271

Grades: 8th & 9th              Class Fees: \$3

***Audition Required: Audition information and dates will be announced soon.***

This advanced band further develops and refines the performance skills and abilities developed in previous Band classes. Curriculum includes 4-8 performances per year. Students will also participate in regional and state level festivals. Some of the more expensive instruments (Tuba, Euphonium, Bassoon, French Horn, Oboe, etc.) may be available to rent from the school. Students are required to have a working instrument and a metronome/tuner.

---

# CHOIR

---

## Advanced Mixed Choir

Full Year                      Class Code: A43221

Grades: 8th & 9th              Class Fees: \$3

***Audition information: Dates will be announced soon. Come prepared to sing 30 seconds of a song of your choice. Students will also demonstrate sight reading ability, range, and pitch recall.***

This auditioned treble choir is dedicated to advanced choral music and vocal skills. You will finely hone your musicality, vocal skills, and rehearsal skills. You will prepare for multiple performances and festivals.

## Advanced Women's Choir

Full Year                      Class Code: A420W1

Grades: 8th & 9th              Class Fees: \$3

***Audition information: Dates will be announced soon. Come prepared to sing 30 seconds of a song of your choice. Students will also demonstrate sight reading ability, range, and pitch recall.***

This auditioned treble choir is dedicated to advanced choral music and vocal skills. You will finely hone your musicality, vocal skills, and rehearsal skills. You will prepare for multiple performances and festivals.

## Chamber Choir

Full Year                      Class Code: A41111

Grades: 8th & 9th              Class Fees: \$3

***Audition information: Dates will be announced soon. Come prepared to sing 30 seconds of a song of your choice. Students will also demonstrate sight reading ability, range, and pitch recall.***

Chamber choir is an auditioned mixed voice choir dedicated to advanced choral music and vocal skills. You will finely hone your musicality, vocal skills, and rehearsal skills. While other choirs do not have a limit to the number of members, this choir can only accept 32 students. You will prepare for multiple performances and festivals.

## Intermediate Men's Choir

Semester                      Class Code: A420M1

Grades: 8th & 9th              Class Fees: \$3

Prerequisites: None

Whether you are new to choir, or continuing from 7th grade, then this is the place for you! In

this class we will continue to improve our singing technique and sight reading abilities as well as perform in concerts and even festivals.

## Intermediate Women's Choir

Semester                      Class Code: A430W1

Grades: 8th & 9th              Class Fees: \$3

Prerequisites: None

Whether you are new to choir, or continuing from 7th grade, then this is the place for you! In this class we will continue to improve our singing technique and sight reading abilities as well as perform in concerts and even festivals.

## Music in Games & Cinema

Semester                      Class Code: A700X0

Grades: 7th - 9th              Class Fees: \$3

Prerequisite: None

Watch and analyze clips from movies and video games to learn how composers and producers effectively use the music. We will also learn entry level skills on video and audio editing software in order to score original music to film. Warning: If you don't like watching movies or playing games this course may not be for you!

---

# CODING

---

## Creative Coding

Semester                      Class Code: C60110

Grades: 7th & 8th              Class Fees: None

Prerequisites: None

Learn to program your own games and apps in Creative Coding. Design sprites and make them collide or bounce away, shrink or grow, and add code that will keep score. You can even add lives for longer play. You will use an online program to learn about variables, conditionals, loops, and more to make your programs come to life.

---

# CLASS AIDES & LEADERSHIP

---

## Math Tutor

Semester                      Class Code: X421M0

Grades: 8th & 9th              Class Fees: None

Math Teacher approval is required.

Math tutors will be assigned to a math class with the purpose of assisting the teacher as a tutor to the students. Students must have a solid background in math and feel confident explaining math concepts to others. Students will be working one-on-one or in small groups.

## Peer Tutor

Semester                      Class Code: X4210

Grades: 7th - 9th              Class Fees: None

Prerequisites: None

Peer Tutors will be involved in assisting other students in special education with their classes. This class would be most helpful to you if you're considering a career in teaching, working with people with disabilities, knows someone with disabilities, or just want to help out another student who really needs it. It is extremely important that if you want to be a Peer Tutor, you are responsible and have



a very good attendance record. During the semester, this class goes on occasional community trips to teach skills they've learned in the classroom.

## Teacher Aide

Semester                      Class Code: X0120

Grades: 7th - 9th              Class Fees: None

Prerequisites:

In this class you will assist the teacher in any assignments or projects they need help completing. Your role will be to aid the teacher with whatever responsibilities or preparation they may have. You will be a great asset to the teacher to help them prepare and deliver the best lessons to all of their students.

---

# CREATIVE WRITING

---

## Creative Writing

Semester                      Class Code: ENCR0

Grades: 7th - 9th              Class Fees: None

Prerequisites: None

In Creative Writing, you will read and practice three major types of writing: short fiction, poetry, and creative non-fiction. You will experiment with various invention and revision exercises to both generate and improve your writing.

---

# DANCE

---

## Dance Fundamentals

Semester                      Class Code: A5000

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: None

NO EXPERIENCE REQUIRED for this beginning course. It is the foundation for all other dance classes at Viewpoint Middle School. This beginning level course builds dance knowledge and skills in technique, improvisation, choreography, artistic expression, performance, history, culture, healthy life skills, and connections to other curricular areas. The class content will refer to many styles of dance; however, modern/creative dance will be given primary emphasis.

## Men's Dance

Semester                      Class Code: A501AM

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: None

NO EXPERIENCE REQUIRED for this introduction to dance. Many different dance styles will be explored with an emphasis on the fundamental elements involved in all types of dance- Body, Energy, Space, Time. Emphasis will be placed on the attainment of agility, balance, coordination and increased flexibility. During the semester we will emphasize the use of creativity, self expression, performance, confidence, and teamwork.

## Dance 1

Semester                      Class Code: A5010

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: Dance Fundamentals

We will build on the skills dancers learned in Dance Fundamentals as a performer, dance technician, and an artist or creator.

Intermediate dance techniques and movements will be taught and different dance styles will be explored. Dancers will perform a dance in the school's dance concert and have the opportunity to choreograph dances in class.

## Dance 2

Semester                      Class Code: A5020

Grades: 8th & 9th              Class Fees: \$3

Prerequisites: Dance 1

Advanced dance techniques and movements will be taught and different dance styles will be explored. You will also further study aesthetics of dance, learn how dance can be used for communication, as well as expand your personal movement styles and choices. You will also deepen understanding of elements of dance through improvisation, choreography, and performance. Dancers will perform a dance in the school's dance concert and have the opportunity to choreograph dances in class.

## Dance Company

Semester                      Class Code: A5041

Grades: 8th & 9th              Class Fees: \$3

Previous dance experience required. You will need to audition for this company. Audition dates will be announced soon.

This is Viewpoint's highest performing company for 8th and 9th graders. We perform in various dance concerts throughout the year, as well other performance opportunities that

may include performing at school assemblies and competing in Shakespeare Festival. Intermediate/Advanced dance techniques and movements will be taught and different dance styles will be explored. You will deepen your skills as choreographers and will have the opportunity to choreograph at various times. We will focus on teamwork, performance skills, life skills, and artistry.

## Social Dance

Semester                      Class Code: A5060

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: Dance Fundamentals

Social Dance is a movement expression that emerges from a community. This co-ed partnering dance class is designed to help students learn more about dances that emerge from different cultures and communities. Students will learn the proper techniques, proper etiquette, and styling of different dances which may include the following: cha-cha, waltz, samba, line dances, mixers, and various group dances from different communities. This class must be taken first before you are eligible for the Level 2 class.

## Social Dance 2

Semester                      Class Code: A506B

Grades:                          Class Fees: \$3

Prerequisites: Social Dance 1

Social Dance is a movement expression that emerges from a community. This co-ed partnering dance class is designed to help you learn more about dances that emerge from different cultures and communities at an intermediate level. You will learn the proper techniques, proper etiquette, and styling of different dances which may include the following: foxtrot, tango, swing, line dances, mixers, and various group dances from different communities.

---

# DEBATE

---

## Debate

Semester                      Class Code: END10

Grades: 7th & 8th              Class Fees: None

Prerequisites: None

This is an introductory course for public speaking and debating techniques. You will explore the competitive forms of debate including but not limited to: Spontaneous Argumentation, Impromptu Speaking, Extemporaneous Speaking, Oratory, Lincoln-Douglas, Public Forum, and Policy. You will further your skills in critical and analytical thinking while developing an understanding of current political and ethical issues.

---

# DRAMA

---

## Drama Foundations

Semester                      Class Code: A6000

Grades: 7-9                      Class Fees: \$3

Prerequisites: None

Even if you have never taken a drama class before or even performed on stage, you are the right fit for this class! We will have many hands-on activities that will strengthen our skills in movement, voice, storytelling, improvisation and performing in general. Performing is part of the class and we will focus on building our confidence in performance and communication. You will have many opportunities to be up on your feet and work with other students to explore and create. You will be required to see a play during the semester.

## Drama 1

Semester                      Class Code: A6010

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: Drama Foundations

This class builds on Drama Foundations as we continue to practice our performance skills with a focus on creativity and imagination. You will work with other students in developing a number of other skills you can put into your actor's toolkit to help you be successful on the stage. We will explore acting, improv, playwriting, character development, among a variety of other topics. You will be required to see a play per semester.

## Drama 2 (Theatre Company)

Semester                      Class Code: A6020

Grades:                          Class Fees: \$3

Prerequisites: Drama Foundations

If you are looking for a place to hone in your acting skills, this class will help you build up the tools you need to become a strong and solid performer in straight play-acting. This semester course will include in-class auditions and rehearsals as you participate in our fall play. Although the majority of rehearsals will take place during class, you will be required to attend a number of mandatory after-school rehearsals leading up to the performances as well as the performances themselves.

## Musical Theatre

Full Year                      Class Code: A7200

Grades: 7th - 9th              Class Fees: None

***There is not an audition for the class, but we will have an audition in class for the roles in the musical.***

This class is created to give you the chance to shine on stage as you audition, rehearse, and perform in the school musical while learning the basics of music, singing, choreography, and performing in a musical. Although the majority of rehearsals will take place during class, you will be required to attend a number of mandatory after-school rehearsals leading up to the performances as well as the performances themselves. Singing, dancing, and acting in this class are mandatory.

## Stage Crew

Semester                      Class Code: AX310

Grades: 8th & 9th              Class Fees: \$3

**[Application: Please register for this class and fill out this brief form by clicking this link](#)**

In this class you will study theater lighting, sound, scenery, properties, stage-management and technical design. This class will be a project based class. It also may require evenings and out-of-school time during rehearsal and performances. You will be required to see a play per semester.

---

# MYTHOLOGY

---

## Mythology

Semester                      Class Code: ENMY0

Grades: 8th & 9th              Class Fees: None

Prerequisites: None

In class you will explore various myths from around the world and focus heavily on Greek and Norse mythology. You will develop reading and writing skills and especially emphasize collaboration among students.

---

# ORCHESTRA

---

## Beginning Orchestra

Full Year                      Class Code: A8001

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: None

In this class, you will learn to play a string instrument: violin, viola, cello, or bass. You don't have to have any experience in music to take this class. You will develop your musical potential as well as build friendships and connections with other students in the class. You must own or rent a stringed instrument and are expected to practice each week. Students must provide their own instrument and music book, String Explorer Level one. *Some instruments may be available to rent from the school.*

## Intermediate Orchestra

Full Year                      Class Code: A8011

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: 1 Year of playing experience

In this class, you will learn a variety of music and continue to build skills for playing your instrument. This class requires a high level of commitment. You will represent our school in several performances. You are expected to know how to read music already, and to be able to play C, G, and D Major scales comfortably and in tune. Students must provide their instrument and music book. *Some instruments may be available to rent from the school.*

## Advanced Orchestra

Full Year                      Class Code: A8021

Grades: 7th - 9th            Class Fees: \$3

***Audition Required: Audition Information and dates will be announced soon.***

This is an ensemble of advanced string players directed toward performing the finest in classical and contemporary music. You should already be able to play in tune a variety of scales in sharp and flat keys, some two octaves, read music well, and should have begun to learn how to shift. This course will require a high level of commitment and musical excellence. There will be many opportunities for you to perform and represent our school. Students must provide their instrument and music book. *Some instruments may be available to rent from the school.*

---

## PE/WEIGHTS

---

### Strength & Conditioning

Semester                      Class Code: P8400

Grades: 8th & 9th            Class Fees: None

Prerequisites: None

The purpose of this course is to enable you to acquire basic knowledge and skills in weight training, improve muscular strength and endurance, and begin to enhance self-image. Viewpoint PE Uniform required.

---

## PSYCHOLOGY

---

### Psychology

Semester                      Class Code: HXPS0

Grades: 7th & 8th            Class Fees: None

Prerequisites: None

Have you ever wondered why people act the way they do, or think the way they think? This course will introduce you into the theories, research methods and contributions to the understanding of human behavior, our senses, optical illusions, learning and memory, social behavior and behavioral disorders.

---

## WORLD LANGUAGES

---

### Chinese 1

Full Year                      Class Code: LCH11

Grades: 8th & 9th            Class Fees: None

Prerequisites: Intro to World Languages

1 in 6 people in the world speak Chinese, and you can too! Join Chinese 1 in studying the basics of Chinese. We'll learn about greetings, family, dates and time, hobbies, and other topics through listening, speaking, reading, and writing Chinese. We'll also explore various aspects of Chinese culture such as martial arts, holidays, and, of course, food. Come and have a blast learning Chinese!

## Chinese 2

Full Year                      Class Code: LCH21

Grades: 8th & 9th              Class Fees: None

Prerequisites: Chinese 1 or previous Chinese Language Experience

You've already got the basics down, so join Chinese 2 to delve deeper into the Chinese language and culture! We'll learn how to speak, read, listen, and write about everyday life, school, and shopping in Chinese. If that isn't enough, we'll also learn even more about Chinese culture and history. Come and further your language skills of the most spoken language in the world!

## French 1

Full Year                      Class Code: LFR11

Grades: 8th & 9th              Class Fees: None

Prerequisites: None

You will be introduced to the language and culture of different French Speaking countries. You will develop language skills through games, reading, listening and above all speaking in the target language. You will also explore the lifestyle, cooking and traditional holidays of French people through a variety of cultural lessons.

## French 2

Full Year                      Class Code: LFR21

Grades: 8th & 9th              Class Fees: None

Prerequisites: French 1

As a student, you will delve deeper into the French language and culture. You will practice more advanced language skills in order to become better at communicating and understanding native speakers. This year, you

will explore clothing, housing, food and health, as well as entertainment and travelling.

## Spanish 1

Full Year                      Class Code: LSP11

Grades: 8th & 9th              Class Fees: None

Prerequisites: None

Are you interested in learning to speak Spanish? If so, this is the course for you. We will introduce students to the language and culture of different Spanish speaking countries by engaging in reading, listening, writing, and speaking Spanish. We will communicate in a variety of real-life contexts as greetings, pastimes, school life, and family. Not only that, but we will explore Spanish culture such as holidays, traditions, music, food, and sports.

## Spanish 2

Full Year                      Class Code: LSP21

Grades: 8th & 9th              Class Fees: None

Prerequisites: Spanish 1

Are you ready to take your Spanish language skills to the next level? In this course, we will focus on the language and culture of different Spanish countries. We will engage in reading, listening, writing, and speaking Spanish. We will communicate using a variety of real-life contexts such as shopping, daily activities, traveling and even visiting a doctor. We will continue to explore Spanish culture through holidays, traditions, music, food, and sports.

---

# YEARBOOK

---

## Yearbook

Year Long                      Class Code: X6001

Grades: 8th & 9th              Class Fees: None

***Application: If you are interested in this class, please register & apply by clicking on this link***

Yearbook is a full year elective class and an extracurricular activity. We are responsible for putting together the yearbook that is passed out at the end of the year. You will learn the fundamentals of photography, journalism, and design while producing a yearbook. The class will also teach you organizational skills, layout and design, journalistic writing, and most importantly, teamwork and responsibility.

---

# YOGA

---

## Yoga

Semester                      Class Code: P8410

Grades: 7th - 9th              Class Fees: \$3

Prerequisites: None

This class utilizes yoga practices to become more physically, mentally, energetically, and emotionally balanced and fit. Yoga seeks to unite body, mind, and spirit. This class is designed to develop flexibility, muscular strength, and muscular endurance. Breath, relaxation, concentration, mindfulness, stress-reduction and meditation will be embedded into the practice. Through physical fitness, stress reduction techniques, students will gain an increased ability to concentrate and be physically active in a safe non-competitive environment.